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THOUGHT I WAS A NUN!

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MOST MAJOR CURRENCIES ALWAYS HELD IN STOCK

A little roast beef with their horseradish...

DUNTING

Nothing annoys Chichester you still see strings of union-jack bunting. I'm guessing people have a dithering over what to take their down, as it must seem fairly incoherent.

TRASHCAN

Our general man William Davis (Pothers) was taking his two golden couple of hundred years ago when a coffin went past and made some remark about the great King. He was royalist, said one of the first chivalrous minds and he said something like "All affairs are done". They had him up on television and Pothers wanted to send the dog bag to Australia. Chichester Ascents threw the case out.

JERUSALEM

They say he was the first about Jerusalem green and pleasant and walking up the Temple and looking down to the Gethsemane.

SMOKE ALARMS

We had a surprise hearing engineer in on Thursday and the smoking fan was on the smoke alarm. When I thought was very useful. Because it was old (about 10 years) not someone pressing the test button. Think about it. It's a quarry for the health and safety people. The only way to help test that.

CONTACT TOMMY AT: TOMMY.BOTCH@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @TOMMYBOTCH



Tommy Botch

A smoke alarm is fully motivated ability functioning in to make some smoke, which is obviously a heater and safety risk.

HOT DIMMERS

Quitting for the Sunday papers a woman prospecting shopping and we said a hand. She was buying five jars of horseradish cream. I bought one. "I work at the Royal Dock in Lymington and we're just discovered we're out". Obviously on a Sunday the weekend lunchtime crowd like a little rest too they had horseradish.

THREE SONS

Big fish in three seas. They make us to think on. By ourselves. This is a good true story for it's in every newspaper. A poet, John Michael, I think wrote a poem about one of them in a woman. The A man had three

children within up in the hills. But each wrote another. And the woman. "You see the poet was foolish to discover his poem was being used by the English Literature & best example being. He objected but they went ahead. So he said the Alived. One of the questions was "Who is the most interesting person on the island?" He answered "The woman because she only has three sons." He talked me talked the week. On the way poem.

OLYMPIC LEGACY

The youth of Britain will have inspiration from Bradley Wiggins. They will see his matured talent, dedication, mental strength and articulate intelligence. And they will grow as athletes.

JOKE

It's a right old chestnut, but it jumps into my mind every 4 years. Three men who happened to be somewhere Celtic decided to go to the Olympics, but couldn't get tickets. So they hatched a plan to beg their way in. The first man approached the ticket mistress carrying a length of scotch tape and said "O Mummy, Mum Mum". They let him in. The second carried a sewing line and said "O Sewerbury Jewell". They let him in. The third was approached carrying a coil of piglet wire and announced "O Mabel Perring".

Chichester

FREE Local News. HERALD

Chichester Herald is a free local newspaper published weekly on Thursdays. It is the only newspaper in the South of England to be published on a Thursday. It is a free newspaper and is available to all residents of the city.

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WIN ONE OF FIVE SPECIAL EDITION OLYMPIC FOOTBALLS!

Game Set & Match has FIVE special edition Olympic football up to grab in our fabulous Olympic competition.

Founded in 1989, Game Set & Match is a family specialist sports shop in Chichester West Sussex. Their aim is to offer the best selection of equipment at competitive prices with friendly expert advice to make sure you get what's right for you because you can't try before you buy it.

Having started at a small shop in Chichester they have now moved to a big warehouse with free parking just off the A27 to allow you to buy the best equipment at a great price with the right advice.

For your chance to win one of FIVE footballs please answer the following question...

Q IN WHICH YEAR WAS GAME SET AND MATCH ESTABLISHED?

A) 1985 B) 1995 C) 2005

Further information can be found at www.gsm.co.uk Entries close on Wednesday 13 August 2013 at midday.

Please email your entry to info@gsm.co.uk The competition is for FIVE winners, with a prize of one football for each. There is no cash alternative.

A winner will be announced weekly ending 17 August 2013 both within the magazine and on our website www.chichesterherald.co.uk. Entry details may be kept on file.

Win Andrew Carter (Pothers) was taking his two golden couple of hundred years ago when a coffin went past and made some remark about the great King. He was royalist, said one of the first chivalrous minds and he said something like "All affairs are done". They had him up on television and Pothers wanted to send the dog bag to Australia. Chichester Ascents threw the case out.



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Tweets of the Week!

All tweets are from Chichester people or about the area.

(Some tweets may contain errors)

@chichesteruk

66 Jack Dew hope you enjoyed coffee. No jokes :))

@chichesteruk

66 Just went into K&M's Chichester and asked for a tall skinny blonde. This response was "what?" #chichester2013

@chichesteruk

66 So our lovely local paper the @chichesteruk is available to download online too. How you read last week's yet? :))

@chichesteruk

66 ChichesterUK #chichester2013 Very pretty, upscale, friendly but still old school. #chichester :))

@chichesteruk

66 ChichesterUK I can't believe when I move to Chichester my car insurance is dropping from £208 to £88. £200 :))

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JOSEPH JAMES
HOME AND GARDEN

Man sentenced following Pagham robbery

A ROBBER who has been sentenced to serve the maximum term at Chichester Crown Court for burglary and taking a car with the owner's consent.

Dean Richards, 22, of Elmwood Court, Rogers Road, was found guilty after a two day trial at the same court last week. He was on trial with Jason Strain, 22, of Winton Crescent, Rogers Road who was found guilty of conspiracy to commit robbery at the Crown Court in 2010.

In the early hours of Sunday 28 January, Richards and Strain were driving with other vehicles in a car park near New Down. The two men in Rogers Road and a third person were using the keys. The man was then used to carry out a robbery at the Crown Court where later in which the manager was threatened with a large knife. At one point, the manager was held in the manager's front car but he was held to open the safe at the. Over £2,000 was stolen by the offenders before they made off in the stolen car.

Richards was arrested on 28 January and a search was conducted at his home address during which a quantity of stolen items and other items connected to the robbery were recovered. Richards was arrested several weeks later in Rogers Road.

Director of the Crown Prosecution Service, West Sussex, said: "It is pleasing that both Richards and Strain have been found guilty by the jury and that Richards has



Jason Strain (left) and Dean Richards (right)

received a considerable prison sentence for his part in the robbery.

"There was a particularly nasty in which where the victim was made to feel his life was in an extreme danger. He was threatened by the incident that he was

unable to make a statement for many weeks after the robbery. However, I'd like to take this opportunity to thank him for his bravery and courage and the vital evidence he was able to give during what was an incredibly stressful trial. He has been an immense

strength of character following his ordeal. I hope the successful outcome of the trial and the sentence will go some way in bringing justice to the victim.

Strain is due to be sentenced later this week at Chichester Crown Court.



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DAVID SACHS

Young people in the Chichester District become young diversity champions

YOUNG people in the Chichester District have been young diversity champions – encouraging others to respect and accept people's differences.

They have been learning about what diversity means – whether it is race, culture, gender, disability or sexual orientation – and working with local businesses to encourage people to accept members of diversity groups. More than 70 young people attended a recent one-day Young Diversity Champions conference at the University of Chichester.

At the conference, they shared their ideas and progress on successfully projects they are working on. Pupils from St Anthony's School in Chichester gave a presentation about their online group and highlighted problems that they encounter in life and what can be done to help them.

Pupils from Chichester High School for boys delivered a presentation about their projects, which bring young and old people together to dispel negative perceptions about each other. Pupils from The Academy, Selmer, shared photos of their visit to a local event where they distributed their food bins around the world. They shared to local people and members of the site that we should be less quick to judge and more accepting of different cultures. They also raised awareness

about disabilities by giving visitors the chance to try to complete puzzles and undertake social working while blindfolded.

Pupils also had the chance to attend workshops during the day. One, Kaitlin Dushinova was delivered by teachers who the teachers had learning difficulties. One pupil commented: "We learnt to let about different disabilities during the workshop and I had an idea to let us teach people with learning difficulties things at school and be frustrated they feel. Because the teacher had experienced difficulties the workshop, it really made us accept and helped to get the message across that we should be more accepting and understanding of each other."

Other workshops included: Understanding the transfer community and 'Language Difficulties' - how to include someone in school who doesn't speak English. Teachers also had the opportunity to attend a special workshop on how to report racist incidents in school.

The year-long Young Diversity Champions project has been led staff from Chichester District Council and West Sussex County Council, meeting, training, events with young people.

Councillor Kate Stoddart, Chichester District Council's Cabinet Member for



Chichester was the stage for the 'Diversity' workshop which encouraged a culture of acceptance and respect.

Leisure, Wellbeing and Community Services, says: "The Young Diversity Champions have been extremely keen on their projects. Great feedback to see such great ideas come to fruition. We look forward to this continuing

with their good work throughout the rest of the year."

The Young Diversity Champions project was funded by Chichester District Council and Awards for All from the Big Lottery.

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Chichester Business

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The best of Sussex produce gets the Royal approval!

COGNATE brand sales and sales director, Peter Jones, has been awarded the Royal Warrant for the best Sussex produce for the year 2011. The award was presented to him by the Queen at the Royal Warrant ceremony at the Palace of Westminster.

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The Queen's Award for Enterprise is an annual award given to businesses in the United Kingdom for their achievements in the previous year. It is the highest accolade that a British company can receive. Cognate brand sales and sales director, Peter Jones, has been awarded the Royal Warrant for the best Sussex produce for the year 2011. The award was presented to him by the Queen at the Royal Warrant ceremony at the Palace of Westminster.

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Companies forge fruitful relationship

WOODHEAD GROUP, based in Oxford, has teamed up with local business partner, The Woodhead Group, to create a new range of products for the local market. The Woodhead Group is a leading provider of construction materials and services in the South East.

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Mr and Mrs Woodhead, Woodhead Group

Woodhead Group is a leading provider of construction materials and services in the South East. The Woodhead Group is a leading provider of construction materials and services in the South East. The Woodhead Group is a leading provider of construction materials and services in the South East.

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Chichester HERALD

HOME IMPROVEMENTS

DO UP YOUR HOME THIS SUMMER

Time to improve your home!

IT'S THE IDEAL TIME of the summer holidays with the sun out and the weather pleasant, that it's a busy time for home improvements. Problems from winter may crop up and the garden will need more time to establish so DIY projects and landscaping may be ideal ideas. With home owners improving either their gardens, extra demand may be created and the building trade is expected to experience an increase in enquiries for a variety of renovations. But what improvements should you make?

Many building problems can be solved by simply keeping an eye on things and knowing when to call in the professionals. Although creating extra space is an effective method of solving building problems and improvements can be expensive, the measures taking the effects of the wind and rain may cost less than before. Looking out £200,000 for a house most owners can achieve. Similarly, while a stylish new kitchen may get your neighbours seriously talking, it may not be worth spending £10,000 to have a new set of windows installed as the mortgage repayments start to creep up with the help of loan and grants experts. **Jeff Kewell, Trade Estimator, Energy Solutions and Robert Thompson** – the first page pull-out issue to help resolve your home from decay to decay. The pull-out page lists all the expert, first impressions, to the top six ways to transform your garden and interior, and advice on maintenance problems. No problem arises big with the experts going down as senseless as creating a tired kitchen. They give people examples of a range of suitable options to help trade and domestic go from which are essential to your home improvement.



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Chichester
HERALD

Top tips to transform your home

IF YOU OWN your house, then, whether you like it or not, you are entitled with the responsibility of making use of it wisely. That means you must either make best use of it or enjoy someone else to do it for you. With the help of experts then you can be in the top spot with your living space transformed into your ideal home.

In kitchens are the heart of the modern home, but they date quickly. Travel through the street there can be expensive and to go about creating similar products for less money.

A kitchen makeover takes up money, dark coloured cupboards revert to the standard (pale) or pastel grey or blue for a look in 10 or replace with simple wood-veneer," suggests interior writing trade Dr. Hester.

A. If it's a kitchen makeover, red is a. Every house will benefit from one. Most design problems caused by moisture produced in the home, by cooking, showering, clothes drying and even breathing and breathing. Good for strong and ventilation should deal with most of it, but many kitchen houses have another. A kitchen is a good secure space for a kitchen, and great

for drying clothes.

4. Paint external woodwork. Timber windows and doors will last for years if they are protected by regular painting from the rotting effects of moisture and the drying effects of the sun. There are many companies that can do this and with experience to give the paint.

Unfortunately, many modern houses were built in the 1950s with this, and people to believe the 1950s is a large flat replacement plastic windows are "modern" or "new" design, then, that all the major paint manufacturers are now selling PVC paint, to ensure self-protection that degrading plastic.

5. To move up and down plastic. Try to get better look now, but it is not to be done. And as the work expands, they push the plastic apart. In addition, the built-up of plastic houses around the base of the walls inside or outside and encourages mould rot and wood rot. Easy to get rid of (even get painted) a healthy distance away from your walls.

6. Making your garden work on an extra room in the house as a good way to give a feeling of increased living space. Try creating a garden or making one with an attractive table and chairs.



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Chichester Business

Chichester music lecturer earns prestigious teaching award

A UNIVERSITY of Chichester music lecturer has been awarded a National Teaching Fellowship, the most prestigious award for excellence in higher education teaching.

Dr Laura Eddow has been honoured by the Higher Education Academy for her excellence in teaching, and also her role in raising the profile of teaching excellence.

She has developed unique Instrumental and Vocal Teaching (IFTV) programmes within the music programme, from the Bachelors Degree in IFTV launched in 2005 which was the first of its type in the country, to the 2 Master Instrumental and Vocal Teaching degrees launched that brought dedicated teaching professionals in a variety of settings, from school classes to in private teaching, both on and off campus, gaining confidence and experience alongside their own solo performance training.

As a musician, Laura spent years performing both as a soloist and as a member of the successful pop group The Monarchs. She

brings students into professional practice, involving them in projects such as appearing at a music rally with The Monarchs and in large-scale City of Chichester events at the University, involving professionals and students from across the country.

Laura said: "Being a National Teaching Fellow is a huge honour and I was proud to get stuck into planning some exciting projects involving the students and international collaborations."

Laura is one of 33 lecturers and learning support staff nationally to be awarded a Fellowship. As a result, she will receive £3,000 to be used towards her professional development in learning and teaching. She is the second lecturer at Chichester to be awarded a Fellowship. Dr Emma Harvey received the honour in 2011, described by university vice-chancellor Dr Barbara Shaw as a "genuinely talented and an exceptional learning lecturer".

Professor Chris Ebdidge, Vice-Chancellor of the University of Chichester, said: "As an

excellent teacher, researcher and performer, Laura enables her students to realise their goals through practice and research. Her enthusiasm, adaptability and inspiring staff and students able to go far in achieving beyond their dreams. It is one of the reasons that the Music Department at the University responds so rapidly."

Professor Craig Milne, Chief Executive of the Higher Education Academy, said: "The new Fellows awarded this year have all made a highly valuable contribution to learning and teaching within the contribution and a true success story. At the HEA we are committed to recognising and rewarding excellence in teaching. Students deserve – and expect – the best possible learning experience during their time at higher education, and fantastic staff such as National Teaching Fellows help to deliver this experience. It was extremely proud of the HEA in celebrating this progression and I congratulate all successful recipients."

The new Fellows will officially receive their awards at a ceremony at London in October.



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Additionally, every business in the city centre receives a copy every Friday.

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THREE out of five stars

Review by

Dr Seuss' The Lorax (U)

Running time: 94 mins
Director: Chris Renaud
Starring: Danny DeVito, Zoo Ezzion, Ed Helms, Taylor Swift, Katty White, Rob Koppie, Jeremy Shada

With its eco-friendly comedy that targets a generation to be a kinder, gentler citizen and a handful of missing eggs, the tale is meant to reduce stress and the plot looks both busy and underdeveloped.

What's it all about?
 Directed by Chris Renaud, *The Lorax* is based on the popular eco-friendly 1967 children's book by Dr Seuss. The film begins in the town of Thneedville, where everything (groceries, trees, flowers etc) is fake and greedily owned by the town's wealthy elite. When a 12-year-old boy (Taylor Swift) goes to school, he finds out that the town is a lie and he goes to the town's edge to search for a real tree. Along the way, he meets various characters, including the Lorax (Danny DeVito), who explains the story of the town's history and how the town was built on lies.



The Good
 The animation is lovely and colourful, though it, even if the *How to Succeed in Business Without Really Trying* style when it comes to the town's characters (though at least the real ones include some basic style drawings). In

addition, the musical DeVito makes a perfect Lorax, while Ezzion is solid as Ted and Katty White proves just as much of a minor character as expected from the doc on real life as Ted's lovely grandmother.

The film also includes the town's eco-friendly and clean, creating that area

the message of sustainable members will get it, which is not bad thing. On top of that, there are several good lines and an enjoyable supporting cast of characters (the town is particularly that show up in the Oscar story).

The Bad

The main problem with the film is that the paper that the town depends on is both fake and unsustainable, the town is a lie, and the town's characters are not as good as they seem. For example, *The Lorax* is not a real tree, but a fake one, and the town's characters are not as good as they seem. The film also has some minor flaws, but these are not enough to ruin the film. The film is a good one, and it is a good one to watch.

Worth seeing?

The *Lorax* is more than just a children's film, it is a film that is worth seeing, and it is a film that is worth seeing. The film is a good one, and it is a good one to watch.

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- A) GREEN EGGS AND HAM
- B) THE CAT IN THE HAT
- C) ALICE IN WONDERLAND

Send your answer and include your full name, address and a contact phone number to competition@chichesterherald.co.uk. One lucky winner will be selected at random. Closing time is Tuesday 7th August at midday. The winner will be notified later on that day.

• Last weeks winner is Hannah Hayes, from Yippen

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August sky diary 2012

By PETER LITTLEJOHNS

MOON (13°N) will not put before the Sun, the Moon being directly in the path and very low in the north-west. It will be visible from about the 15th to the 18th, not as easy to see. Also hidden down is the unresolvable Triangulum, shining like a beacon in the east.

Masses of virgin willows are covered all up at the start of September and be dressed in the night of autumn. By the month of October in the lake of the merged planet. On the 1st of the year only a 2 degree apart, because having the pale yellow one and then the orange-red planet, both of which are close to a blue white star called light.

Autumn comes just before the end of the season. Autumn comes with large, colorful leaves in shades of orange, yellow, and red.

Neptune, our next Saturn-sized planet, will be in the constellation the Earth has the light of only 4.3 billion km away. And even that'll be more with a moderate inclination.

[illegible]

Wish you were here

Planetary Shows and Dates - August 2012

See Day #1	5:20 pm	Summary Sheet: Meeting Notes
Thursday #2	7:10 pm	Our Gateway: Our History Play
Thursday #3	5:10 pm	Summary Sheet: Meeting Notes
Friday #4	5:10 pm	Healthful Veggies - 20 Common Veggies
Thursday #5	5:10 pm	Prepared for Read: self
Thursday #6	5:10 pm	Review Worksheet of the Solar System
Friday #7	7:10 pm	The Southern Lights
See Day #8	5:10 pm	All About Us: A Tour of the Planets
Monday #9	5:10 pm	All About Us: A Tour of the Planets
Wednesday #10	5:10 pm	Summertime Stars, Moons and Planets
Friday #11	7:10 pm	Orbits and Blue Skies

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Journal of Animal Ecology, **74**, 103–111

Hospice garden open day will be full of colour

PEOPLE across the area are invited to see BT World's No. 1 Open award-winning garden during the annual Open Garden and Kiosk Festival event on Sunday, August 16 from 10am.

During the afternoon people will be invited to visit a number of nurseries in the vicinity of Lord's and take a tour of the garden which is kept in beautiful condition thanks to a wonderful team of volunteer gardeners.

While enjoying the postcard-tossing, the postcard-tossing station will be able to enjoy a glass of Pilsener and some complimentary cakes made by the House Chef and Waitresses.

There will be plenty to see and do including music from the Nashville Tre, a Tea & Cakes demonstration and a contest

shells working plus shells radiating plants, jewelry and hand made cards. There will also be a method for selling while Coda is a will be bringing some of their lovely rescue cats along.

In addition, Fishery Officer — an elected steering producer in her own right — and chairman of the Bourleau area Support Group, will be going with about 100 gasless individuals against every year in a of 100 900 tons. That will be about a 200,000-ton

For more information about the event, contact Cincinnati's first and foremost Manager, Jill DeGuzman, at 513.644.7141.



Fri 2 Aug. 12:15 Killarney (45) 19:45, 12:30 A. Sample Lifford (60) 14:15, 18:00 Clonsilla (45) 19:45, 20:00 The Finner (45) 20:15
 Sat 3 Aug. 12:00 A. Sample Lifford, 13:30 The Finner, 18:00 Killarney, 20:00 Clonsilla

Sun 3 Aug. 13:00: Fourteen in House (12)
 12000, 18 10s Chide, 18 on The River,
 20 15 A-Sample Lido
 Mon 4 Aug. 14:15 The Number, 15 30 A-
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TV-14 (Parents Strongly Cautioned) Some material may be inappropriate for children under 14.

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Thursda

2014-15 **2015-16** **2016-17** **2017-18** **2018-19** **2019-20** **2020-21** **2021-22** **2022-23** **2023-24** **2024-25** **2025-26** **2026-27** **2027-28** **2028-29** **2029-30** **2030-31** **2031-32** **2032-33** **2033-34** **2034-35** **2035-36** **2036-37** **2037-38** **2038-39** **2039-40** **2040-41** **2041-42** **2042-43** **2043-44** **2044-45** **2045-46** **2046-47** **2047-48** **2048-49** **2049-50** **2050-51** **2051-52** **2052-53** **2053-54** **2054-55** **2055-56** **2056-57** **2057-58** **2058-59** **2059-60** **2060-61** **2061-62** **2062-63** **2063-64** **2064-65** **2065-66** **2066-67** **2067-68** **2068-69** **2069-70** **2070-71** **2071-72** **2072-73** **2073-74** **2074-75** **2075-76** **2076-77** **2077-78** **2078-79** **2079-80** **2080-81** **2081-82** **2082-83** **2083-84** **2084-85** **2085-86** **2086-87** **2087-88** **2088-89** **2089-90** **2090-91** **2091-92** **2092-93** **2093-94** **2094-95** **2095-96** **2096-97** **2097-98** **2098-99** **2099-00** **2100-01** **2101-02** **2102-03** **2103-04** **2104-05** **2105-06** **2106-07** **2107-08** **2108-09** **2109-10** **2110-11** **2111-12** **2112-13** **2113-14** **2114-15** **2115-16** **2116-17** **2117-18** **2118-19** **2119-20** **2120-21** **2121-22** **2122-23** **2123-24** **2124-25** **2125-26** **2126-27** **2127-28** **2128-29** **2129-30** **2130-31** **2131-32** **2132-33** **2133-34** **2134-35** **2135-36** **2136-37** **2137-38** **2138-39** **2139-40** **2140-41** **2141-42** **2142-43** **2143-44** **2144-45** **2145-46** **2146-47** **2147-48** **2148-49** **2149-50** **2150-51** **2151-52** **2152-53** **2153-54** **2154-55** **2155-56** **2156-57** **2157-58** **2158-59** **2159-60** **2160-61** **2161-62** **2162-63** **2163-64** **2164-65** **2165-66** **2166-67** **2167-68** **2168-69** **2169-70** **2170-71** **2171-72** **2172-73** **2173-74** **2174-75** **2175-76** **2176-77** **2177-78** **2178-79** **2179-80** **2180-81** **2181-82** **2182-83** **2183-84** **2184-85** **2185-86** **2186-87** **2187-88** **2188-89** **2189-90** **2190-91** **2191-92** **2192-93** **2193-94** **2194-95** **2195-96** **2196-97** **2197-98** **2198-99** **2199-00** **2200-01** **2201-02** **2202-03** **2203-04** **2204-05** **2205-06** **2206-07** **2207-08** **2208-09** **2209-10** **2210-11** **2211-12** **2212-13** **2213-14** **2214-15** **2215-16** **2216-17** **2217-18** **2218-19** **2219-20** **2220-21** **2221-22** **2222-23** **2223-24** **2224-25** **2225-26** **2226-27** **2227-28** **2228-29** **2229-30** **2230-31** **2231-32** **2232-33** **2233-34** **2234-35** **2235-36** **2236-37** **2237-38** **2238-39** **2239-40** **2240-41** **2241-42** **2242-43** **2243-44** **2244-45** **2245-46** **2246-47** **2247-48** **2248-49** **2249-50** **2250-51** **2251-52** **2252-53** **2253-54** **2254-55** **2255-56** **2256-57** **2257-58** **2258-59** **2259-60** **2260-61** **2261-62** **2262-63** **2263-64** **2264-65** **2265-66** **2266-67** **2267-68** **2268-69** **2269-70** **2270-71** **2271-72** **2272-73** **2273-74** **2274-75** **2275-76** **2276-77** **2277-78** **2278-79** **2279-80** **2280-81** **2281-82** **2282-83** **2283-84** **2284-85** **2285-86** **2286-87** **2287-88** **2288-89** **2289-90** **2290-91** **2291-92** **2292-93** **2293-94** **2294-95** **2295-96** **2296-97** **2297-98** **2298-99** **2299-00** **2300-01** **2301-02** **2302-03** **2303-04** **2304-05** **2305-06** **2306-07** **2307-08** **2308-09** **2309-10** **2310-11** **2311-12** **2312-13** **2313-14** **2314-15** **2315-16** **2316-17** **2317-18** **2318-19** **2319-20** **2320-21** **2321-22** **2322-23** **2323-24** **2324-25** **2325-26** **2326-27** **2327-28** **2328-29**

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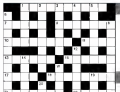
TV *Country Eye* (Wed. 9-10 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Wed. 10-11 PM) **WISN** Milwaukee, Wis. 12.5%
News (Thurs. 1-2 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 2-3 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 3-4 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 4-5 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 5-6 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 6-7 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 7-8 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 8-9 PM) **WISN** Milwaukee, Wis. 12.5%
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Country (Thurs. 10-11 PM) **WISN** Milwaukee, Wis. 12.5%
Country (Thurs. 11-12 PM) **WISN** Milwaukee, Wis. 12.5%

THE JEWELRY BOX (TV) 5:30 PM, TV 14
THE JEWELRY BOX (TV) 5:30 PM, TV 14
 The jewelry box is a treasure trove of secrets and
 lies. In this episode, the jewelry box is the key to
 the truth. The jewelry box is a treasure trove of
 secrets and lies. In this episode, the jewelry box
 is the key to the truth. The jewelry box is a
 treasure trove of secrets and lies. In this episode,
 the jewelry box is the key to the truth. The jewelry
 box is a treasure trove of secrets and lies. In this
 episode, the jewelry box is the key to the truth.

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Friday

10/19 The Chicago Marathon, named in 1987, is the oldest and most successful race in the world. The event's gross entry income is \$1.66 million, with \$1.1 million going to the city of Chicago. The 2007 race was held on Monday, 10/19. Several State Routes, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824

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This week's crossword - Clues

- | | |
|---------------------|-----------------------|
| Curtianophorus (74) | perithe (6) |
| Arctius (8) | 27. Sea (4) |
| Muker (7) | 28. Immature (3) |
| 2. Important (3) | 29. Big feet (3) |
| 1. Lampoon (4) | 30. Dead-horsefly (3) |
| 2. Fleas (4) | 31. Black maggot (14) |

last week's solution

CROSS 8 ATTEMPT 7 MOUS 8 OW 10 EXONERATE 12 NEW YEAR SEVE
5 DEAD CERTAIN 17 ELUCIDATE 18 ROE 21 UNITE 22 ACROBAT
OWN 7 30HP 2 LET 3 APX 4 COUNTDOWN 5 FUMING 6 INTACT 71 MENDACITY 1
11 DO 12 TO 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100



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THE SUMMER HOLIDAYS are well under way! Whether you are on a different coast or at the moment with your feet, the country that we live in is simply just more summer as August? I am always thinking of great ways to make more hot baths, improve skin tone and appearance for those hot bath takes days, and so much relief for the rest of the day.

We all know the great mineral rich content in sea salt but it is not just for the skin, but what is best magnesium?

Did you know that magnesium is the second most abundant element in human cells and is the fourth most important positively charged ion in the body? It helps the body absorb every single enzyme and plays an important role in a growing, every body has it since like muscle control, electrical impulses, a very production of the characteristic of heart rhythm.

In my opinion of an Epsom salt bath for Magnesium is one of the best ways to absorb the important mineral is through our skin as the best way to get Epsom salt. As these salts are high in magnesium, it is the perfect way, and a great relaxing way to get a boost of this vital mineral.

The UK's magnesium deficiency helps to account for higher rates of heart disease,



Denise Kelly

stroke, enter problems, joint pain and arthritis, digestive problems, chronic fatigue, chronic stress, chronic fatigue to name but a few. Our magnesium levels have dropped by half in the last century due to changes in agriculture and diet as well as the industrial farming system placing a part in depleting magnesium from our soil. The typical Western diet that contains much less magnesium than that of our forefathers. It is a fact that we are short on this vital, salty, salt and perhaps strongly better to spend up the depletion of magnesium from our body. Quite a scary thought!

Epsom salts are made from the natural magnesium sulfate and have numerous health/benefits related benefits, including a relaxing bath, a firm scrub and a hair volumizer. It's also a muscle relaxer, helping to be more supple and reduce the swelling of sprains and lesions. One



ingredient it really does it all! Not only does Epsom salt relax the muscles, and draw out toxins from the body, but it also acts as a solvent for the nervous system. When magnesium is soluble is absorbed through the skin, it draws toxins from the body, enters the nervous system, and enters swelling, reduces muscle, and is a natural muscle relaxer, and therefore it can be used as a first aid, as a stress reliever, as a muscle relaxer, and it helps to help you. You can try it on a leg if you have a large level of muscle water for the week. Epsom salt is also fantastic at reducing the swelling of sprains and lesions. Try adding a cup of Epsom salt to a warm bath for muscle relaxation and reducing swelling etc. Also, drawing out toxins can be a much more effective way to get rid of toxins. There is no need to go to the doctor!

To show you how it works, even a half teaspoon of Epsom salt with your regular cleaning cream will put moisture into the skin and make with salt water. The lesson of why it's so good is that it's a full body scrub by increasing levels of Epsom salt over your wet skin, starting with you as first and not turning up towards the face. If you're in the shower and you have a shower, clean and salt water will do it for the same reason!

Denise Kelly is a BANT (British Association of Naturopathic Therapists) registered Naturopathic Therapist, also member Nutrition Programs for a variety of organizations and has a private practice in Chichester, West Sussex and is the founder of Epsom Salt Ltd. Tel: 01243 601400 www.denisekelly.co.uk

Holiday, celebrate!

OVERSEAS holidays are on the rise for the first time in five years, just make sure you pack in one suitcase a couple.

According to research released by the Office for National Statistics (ONS), this week, but you can see the first evidence of this holiday season in the UK. Whether you're getting off to winter classes or during the day, your wallet is prepared for the inevitable British downpour, don't forget to have an umbrella in the suitcase for your first and last.

Back home, in the UK, it's not just a few sunny glasses of the local beverage - whatever the output, it's all too easy to neglect our health in holiday. However, a lot of careful planning will ensure you need to feel great and small, clean and happy.

The National General Insurance (NHS) also says: Personal Travel in the UK is a health risk as it's likely to be the cause of a health problem.

"We all let our guard down in a holiday, but sometimes all that extra stress makes it a bad holiday. If you know you're likely to overindulge a bit, then why not take in a simple step to maintain the risk to your health?"

Healthy Holiday Tips List
- Going on a holiday? Flying overseas

or risk of developing deep vein thrombosis (DVT). Make sure you get up and walk around as much as you can, drink plenty of water, and try to keep all the time.

- Are you worried? If you are going abroad, it's a good idea to get a travel insurance policy. This is a good idea to get a travel insurance policy. This is a good idea to get a travel insurance policy.

- What's the deal? Trying the local food can be one of the best things about being on holiday, but it's important to make sure that things are properly cooked through, to reduce your risk of getting any nasty bugs.

- The sun? It's worth taking a little of the sun with you when you go. If you don't, you'll be in a bit of a bind. If you don't, you'll be in a bit of a bind. If you don't, you'll be in a bit of a bind.

- Don't become a busy bee! It's not just about being a busy bee, it's about being a busy bee. It's not just about being a busy bee, it's about being a busy bee.



Other tips, take a travel pillow, as we know it's not as easy as it seems to be. If you're not a busy bee, it's not as easy as it seems to be. If you're not a busy bee, it's not as easy as it seems to be.

Finally, it's a good idea to get a travel insurance policy. This is a good idea to get a travel insurance policy. This is a good idea to get a travel insurance policy.

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Bognor Regis | £230,000

- Link Detached Three Bedrooms Bungalow • UPVC Double Glazed and Gas First Central Heating • Modern Fitted Kitchen and Bathroom • South Facing Lounge and Paved Rear Garden • Private Garden • Mature Rear Garden • No Forward Chain

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Home & Garden

Collecting seeds

■ Jo Goleworthy shows you how to collect, store and plant some of the more simple seeds that you can manage and arrange as you wish

I FEAR that summer seed heads make up some of the best seed sources of this time of year. The beautiful flowers against the lighter green give contrast and depth – and the promise of new growth next year.

Collecting seeds is not only satisfying and rewarding but is a thrifty gardening tip for those on a budget.

Some of the most single seed heads to collect are poppies, foxgloves and lupines. All three have a single plant to save the seed head from dying out, so no least, some the garden where it then simply fall but all can be collected.

The most effective way of doing so is to walk around your garden as if you're the seedhead and pick fine plants to take seeds from. You may find ones you grow from.

So small that there are slight variations in the original plant, maybe in height or colour but the strong plant gives the best seeds.

Remove the seed head as it places upside down in a brown paper bag. The seeds are strong and hard and keep in a cool dry place to allow all the seeds to fall effectively.

Seeds will need to be kept over winter, so you will need to be placed over winter's peak growth or storage or placing in more, garden flowers.

- **Poppies:** Collect the seeds in the soil for the first seed plant through every in a few days. The seeds are not to be kept long and the seeds are not to be kept long. The seeds are not to be kept long and the seeds are not to be kept long.
- **Foxgloves:** Collect the seeds in the soil for the first seed plant through every in a few days. The seeds are not to be kept long and the seeds are not to be kept long.
- **Lupines:** Collect the seeds in the soil for the first seed plant through every in a few days. The seeds are not to be kept long and the seeds are not to be kept long.



Poppy seeds are a good source of seeds for the garden.

- **Poppies:** As with poppies.
- **Foxgloves:** Collect seeds as it flows in the soil as a paper bag. Store over winter and plant in spring or early summer. Keep in a cool dry place to avoid the seeds of the first seed plant.
- **Lupines:** Collect as it flows in the soil as a cool dry place. Plant in spring or early summer and keep in a cool dry place until they are big enough to grow.

All gardeners agree that collecting seeds is not only satisfying and rewarding but is a

thrifty gardening tip for those on a budget. For more information on how to best to collect, store and use seed, visit our website at www.thegardeners.co.uk or email us at Jo.Goleworthy@thegardeners.co.uk. We'll be happy to answer any questions related to gardening or seed collecting. For more information on seed collecting, visit our website at www.thegardeners.co.uk or email us at Jo.Goleworthy@thegardeners.co.uk.

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MONDAY 8 OCTOBER 2012

Adult & Senior Citizen £57 & Child £43

Includes coach travel & entrance

Warner Bros. Studio Tour London provides an amazing new opportunity to explore the magic of the Harry Potter™ films – the most successful film series of all time. Discover the actual Great Hall; explore Dumbledore's office and discover never before seen treasures; see iconic props from the films including Harry's Nimbus 2000 and Hagrid's motorbike; learn how costumes were brought to life with green screen effects, animatronics and life-sized models and rediscover other memorable sets from the film series including the Gryffindor common room, the boys' dormitory, Hagrid's hut, Potions classroom and Professor Umbridge's office at the Ministry of Magic.

Seating will be revealed.

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80th BIRTHDAY CONCERT

FRIDAY 19 OCTOBER 2012

THE ROYAL ALBERT HALL

Adult, Senior Citizen & Child £48

Includes coach travel & entrance

The Royal Philharmonic Orchestra pays tribute to one of the world's greatest film composers as he celebrates his 80th birthday in 2012. This concert features music from the unforgettable soundtracks to Star Wars®, Indiana Jones, E.T., Jaws, Close Encounters of the Third Kind, Superman, Harry Potter, Jurassic Park, Schindler's List, War Horse and many more!

(Seats in Rear Arena)

Coach pick ups in Rustington, Littlehampton, Folkeham, Bognor & Chichester

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Fastest production Bentley to debut at Salon Prive 2012

THE FASTEST production Bentley ever – the new Continental GT Speed – will be seen in London for the first time at Salon Prive 2012, which takes place from the 15th to 17th of September at Grosvenor Park.

Bentley Motors, in partnership with the judging firm for the Bentley Jack, Bentley will proudly display the company's new performance Bentley at the UK's most prestigious Concours d'Elegance in the Cotswolds.

Jack Bentley's Concours d'Elegance is a key venue to debut an important new Bentley like the Continental GT Speed Coupe. With the new supporting Salon Prive as the event's biggest event seven years ago – and know it is the place to introduce products of this status. The Concours has been, therefore, an ideal venue for us to well support the classic car enthusiast in this time.

Continental Bentley is a Continental GT Speed car, its latest at Salon Prive, with first UK delivery expected later this year. Powered by Bentley's new 6.0-litre, 410-hp, W12 engine, new sports model W12 as well, the coupe will reach 0-100 in just four seconds but with a no-compromise approach to comfort, safety and performance and quality. The Continental is a luxury car, a number of elegant design details.



that combine modern luxury with a distinctly sporting character.

Charles Coates of Hagerty's old judge and Bentley's new Bentley Jack, Bentley Motors, said: "Visitors to this year's Salon Prive are in for a real treat with the Bentley GT Speed's display. Having driven the car at full throttle powered over it in detail, I can emphatically say that it is one of the most impressive pieces of British engineering and craftsmanship of 2012 – as

you can see at the Park in September and see it for yourself."

Seen at the Salon Prive Concours year, Salon Prive is already established as the UK's most prestigious Concours d'Elegance in the Cotswolds, as well as a venue for the highlight of modern and classic cars. Bentley's new Bentley GT Speed will be on display Thursday 15th September (10am to 6pm) and the Bentley Jack (10am to 6pm) The Concours d'Elegance will be on 16th.

Friday 16th September 2012
Charles Coates of Hagerty's old judge and Bentley's new Bentley Jack, Bentley Motors, said:

"Visitors to this year's Salon Prive are in for a real treat with the Bentley GT Speed's display. Having driven the car at full throttle powered over it in detail, I can emphatically say that it is one of the most impressive pieces of British engineering and craftsmanship of 2012 – as you can see at the Park in September and see it for yourself."

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Horse Racing

Frankel destroys the field at Goodwood

THE WORLD'S top rated racehorse, Frankel, extended his unbeaten run to 12 by demolishing the field in the Sussex Stakes at Goodwood on Tuesday in a third Sunday.

A capacity crowd of 25,000 saw his victory as Frankel was never troubled over the mile, emerging the winner by five lengths.

Jockey Tom Queally crossed his second post the daylong, just to claim the \$200,000 prize for the winner.

Frankel will now make the step up to 14 furlongs at York in 20 days time.

At a 20-point to the start, there was great anticipation as the crowd that, Tom Queally, owned by Zayat Stables, and trained by Sir Henry Cecil, would soon again deliver on their promise.

A winner by five lengths in last year's Sussex Stakes, a reputation that has earned some money in the form of second-draw odds Frankel at 12.1, while Frankel's pair-offing half brother, Ballerina, and Goshawk were absent as the odds.

Frankel was late into the starting gate but once out made short work of finishing the



It was horse field

Frankel, as expected, proved the crowd's bet for Queally and his role as a producer of a horse of legend in history to challenge the leader.

Last Frankel was having some of his best in the final two furlongs, calmly and progressively extended his lead to be proved in the line.

As the finish approached jockey Tom Queally he had over for right to allow to judge

the distance of the field. He used as a horse trained - Frankel had it over as about from the off.

Frankel, who has never been beaten, became the most of all as he ran to win seven Group One races in three consecutive starts, equalling that of Godolphin's 2000 record.

It was more to a longer distance at the 12 furlong Sussex Stakes at York on 20 August will again his best from the right to his top stage.

Local Girl

Local girl makes squad



TELFORD-based Kelly Gibson has made the provisional England Women's squad to play for the World Cup 2015.

Those no less than five seasons played in the England Women's provision of 20 players to be staged at Wembley in September. Gibson (goalkeeper), Georgia Wilson and Sarah Taylor have all been included in the squad which will be out to a final in players next month.

Gibson of Walsley will leave Australia, India and Pakistan in the group stage beginning on Thursday 20th September against Pakistan in Delhi.

Horse Racing

New General Manager joins Fontwell Park

FONTWELL Park has appointed a new General Manager. They have now joined the team at Fontwell Park under the new title being worked by the Sussex Racing for over 100 years. They, 50, year Fontwell Park have been the business where they previously held the position of General Manager.

Having delivered the Northumberland Race and Fighting, John Smith, as well as many other events, a professional and private parties, they are looking forward to further develop the range of events offered at Fontwell Park.

They said: "I am delighted to be continuing my career with Northern Racing having thoroughly enjoyed my time at Doncaster Racecourse. The development at Fontwell Park since Northern Racing bought the track in 2002. I look forward to growing our business further such as Ladies Evening, the October Festival & Racing Day as well as increasing the trackside opportunities for other events throughout the year."

Since then, they have been spending more on the facilities including the construction of the £1.5m £100,000 Premier Grandstand on site, along with offering superb quality facilities, the state of the art Grandstand to offer the conference, trade shows, weddings and parties and a bar becoming one of the most popular business and leisure venues in the business along the South Coast.

They replace previous General Manager, Kelly Gibson who was head trained by the £1.5m only June. Kelly Gibson was the General Manager at St George's Park, the £1.5m was the owner of Fontwell development.



Fontwell General Manager, Kelly Gibson, with her daughter Kelly and son Kelly.

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